

NABLC Safety Advisor

June 2004

Safety Storefront Relocation

The Little Creek Safety Storefront recently relocated from Bldg. 3015 to Bldg. 1602. We are located on the 1st deck in Suite 112. Phone numbers are (all prefix 757-462): Fax: 2566, Glenna Maynard: 2193, Dave Edwards: 2501, Jim Filek: 2196, John Franz: 2199, Dave Hammer: 2194, Harry Pritchard: 2195, Cheryl Scott: 7761, LoJean Way: 2197, Leo Weatherspoon: 2198.

Secretary of Defense Rumsfeld's Summer Traffic Safety Message: WE CONTINUE TO LOSE SERVICE MEMBERS IN MOTOR VEHICLE CRASHES. LAST YEAR, WE LOST 113 SERVICE MEMBERS IN PRIVATE MOTOR VEHICLE CRASHES BETWEEN MEMORIAL DAY AND LABOR DAY. WE MUST STOP THIS NEEDLESS LOSS OF LIFE, AND I WANT EVERY COMMANDER AND SUPERVISOR IN THE DEPARTMENT TO FOCUS ON THIS ISSUE. TO THAT END, I EXPECT EVERYONE TO:

1. ENFORCE THE USE OF SEATBELTS. ALMOST ONE-THIRD OF VEHICLE FATALITIES IN FISCAL YEAR 2003 WERE UNBELTED VICTIMS. REMIND YOUR PEOPLE TO WEAR SEATBELTS WHEN THEY ARE DRIVING AND TELL THEM TO MAKE SURE THEIR PASSENGERS ARE WEARING SEATBELTS. DOD HAS JOINED THE CLICK IT OR TICKET PROGRAM FOR SEAT BELT ENFORCEMENT.
2. ELIMINATE IMPAIRED DRIVING. OVER 20 PERCENT OF VEHICLE FATALITIES IN FY 03 INVOLVED ALCOHOL. MAKE SURE YOUR PEOPLE KNOW THE DANGER AND FOOLISHNESS OF DRIVING DRUNK. WE HAVE JOINED THE NATIONAL PROGRAM YOU DRINK & DRIVE, YOU LOSE* TO HELP PREVENT THESE FATALITIES.
3. INSIST ON MOTORCYCLE HELMETS. WE*VE SEEN A SHARP INCREASE IN MOTORCYCLE FATALITIES. BE SURE RIDING WITHOUT AN APPROVED HELMET IS NOT BEING TOLERATED - ON OR OFF BASE.

TALK TO YOUR PEOPLE. REMIND THEM ABOUT THE RISKS AND HOW TO AVOID THOSE RISKS. ENJOY THE SUMMER, BUT ENJOY IT SAFELY.

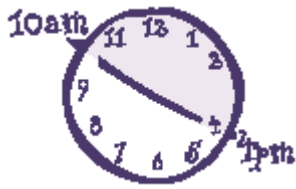
Seat Belt Tips of the Month

- Always wear your seat belt. Insist that passengers wear theirs as well. A person who is not wearing their seatbelt can become a hazard to others during an accident.
- Always wear both the lap belt and shoulder belt. The lap belt should be positioned across the upper thighs and the shoulder belt should be across the chest.
- Never slip the shoulder belt behind your body. Without the shoulder belt support you may be thrown into the dashboard or steering wheel during an accident.
- Never wear the shoulder belt under your arm. If it is improperly positioned during impact, you may suffer broken ribs.
- Be sure the belt fits snugly against your body.
- Pregnant women should wear their seatbelts.
- Avoid holding objects in your hands while driving. They may be driven into your chest or face during an air bag deployment.
- Move the front seats back. During an accident this may help prevent injuries from air bag deployment or keep you from hitting an object in front of you. You should be at least ten inches from the airbag and seated toward it.
- Children under the age of 12 should always ride in the back seat.



Action Steps for Sun Protection

Protecting yourself from overexposure to UV radiation is simple if you take the precautions listed below.



Limit Time in the Midday Sun as Much as Possible

The sun's UV rays are strongest between 10 a.m. and 4 p.m. To the extent you can, limit exposure to the sun during these hours.

Watch for the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun's rays. Developed by the National Weather Service (NWS) and EPA, the UV Index is issued daily in selected cities across the United States.

Wear Sunglasses That Block 99 to 100 Percent of UV Radiation

Sunglasses that provide 99 to 100 percent UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.



Wear a Hat

A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back of the neck—areas prone to overexposure to the sun.

Seek Shade

Staying under cover is one of the best ways to protect yourself from the sun.

Protect Other Areas of Your Body With Clothing During Prolonged Periods in the Sun

Tightly-woven, loose-fitting, and full-length clothes are best for protection of exposed skin.



NOAA: 2004 Atlantic Hurricane Outlook

The official beginning of the Atlantic Hurricane season began on June 1. NOAA's 2004 Atlantic hurricane season outlook indicates a 50% probability of an above-normal hurricane season, a 40% probability of a near-normal season, and a 10% chance of a below-normal season, according to a consensus of scientists at the National Oceanic and Atmospheric Administration's (NOAA) Climate Prediction Center (CPC), the Hurricane Research Division (HRD), and the National Hurricane Center (NHC).

The outlook calls for 12-15 tropical storms, with 6-8 becoming hurricanes, and 2-4 of these becoming major hurricanes.

As communities along the Atlantic and Gulf coasts prepare for hurricane season, the Red Cross recommends the following safety steps and tips:

Assemble a Disaster Supplies Kit

- * Gather emergency supplies including: emergency medications, nonperishable food, a non-electric can opener, bottled water (at least three gallons per day per person), a battery-powered radio, flashlight, extra batteries, extra clothes, important documents, cash and credit cards, a first aid kit and other items for infants, elderly or disabled family members and pets

- * Store supplies in a waterproof, easy-to-carry container, such as a plastic tub with handles

Prepare a Personal Evacuation Plan

- * Identify an evacuation route ahead of time; discuss with family members
- * If advised to evacuate, do so immediately
- * In case of evacuation to an American Red Cross shelter, be sure to bring the disaster supplies kit, medications, extra clothing, pillows and blankets and other hygiene and comfort supplies
- * Make advance preparations for pets so you can bring them with you when you leave, but remember, due to health department regulations, pets aren't allowed in public shelters

Prepare for High Winds

- * Measure windows and obtain shutters or cut plywood to cover each one
- * Remove diseased and damaged tree limbs well before a storm strikes
- * Strengthen garage doors with vertical support beams made from 2X4s and "L" brackets. Get professional help if needed

For more information, visit the following web sites: National Weather Service www.nws.noaa.gov; the American Red Cross www.redcross.org; FEMA www.fema.gov; the Hampton Roads Emergency Management Committee www.hremc.org.

Keeping Food Safe During An Emergency

Did you know that a flood, fire, natural disaster, or the loss of power from high winds, snow, or ice could jeopardize the safety of your food? Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of foodborne illness.

ABCD's of Keeping Food Safe in an Emergency

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 °F and frozen food at or below 0 °F. This may be difficult when the power is out. **Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.** The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

Be prepared for an emergency by having items on hand that don't require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable food, boxed or canned milk, water, and canned goods should be part of a planned emergency food supply. Make sure you have ready-to-use baby formula for infants and pet food. Remember to use these items and replace them from time to time. Be sure to keep a hand-held can opener for an emergency.

Consider what you can do ahead of time to store your food safely in an emergency. If you live in a location that could be affected by a flood, plan your food storage on shelves that will be safely out of the way of contaminated water. Coolers are a great help for keeping food cold if the power will be out for more than 4 hours—have a couple on hand along with a frozen gel packs. When your freezer is not full, keep items close together—this helps the food stay cold longer.

Digital, dial, or instant-read food thermometers and appliance thermometers will help you know if the food is at safe temperatures. Keep appliance thermometers in the refrigerator and freezer at all times. When the power is out, an appliance thermometer will always indicate the temperature in the refrigerator and freezer no matter how long the power has been out. The refrigerator temperature should be 40 °F or below; the freezer, 0 °F or lower. If you're not sure a particular food is cold enough, take its temperature with a food thermometer.

OSHA OFFERS TIPS FOR WORKING IN HOT WEATHER

WASHINGTON -- The sun and warm weather of summer can also bring special hazards for those working outdoors. To help employers and workers stay safe throughout the summer months, OSHA offers tips that can help prevent many heat-related deaths, illnesses, and injuries.

"The hot weather can present additional hazards to those who work outdoors or in very hot environments," said OSHA Administrator John Henshaw. "It's important that employers and workers know how to reduce heat related illnesses and fatalities. Simple precautions can often save lives."

The combination of heat, humidity and physical labor can lead to fatalities. The two most serious forms of heat related illnesses are heat exhaustion (primarily from dehydration) and heat stroke, which could be fatal. Signs of heat exhaustion or heat stroke need immediate attention. Recognizing those warning signs and taking quick action can make a difference in preventing a fatality. For more information visit www.osha.gov.